

1. Members in Attendance: Abby Maldonado, Emma Hollis, Carrigan Costello, Emma Williams, Joe Gorman (K-12 Health & Wellness Supervisor), Marilia Jose, Kathy Hanley, Brian Hembrook, Lisa Trupp, Diane Cassidy, Kayla Champaign, Ethel-Anne Roome, Josh Licursi, Kevin Iglesias, Jules Calabro, Taylor Gainey, Sheila Levine, Kara Sepulveda-Fonseca, Briana Miller, Gabe [Last Name], Cindy McGuire, Donna Culbert, Bree Riollano, Natalie Griffith, Joanna Keyes, Lisa Hossein.

2. Mental Health in CT

a. Protecting Our Youth: A Community Approach to Suicide Prevention and Preventing Adult Suicide in Connecticut

Observations: Information on both youth and adults is valuable but could be overwhelming for the general audience. Suggest breaking it into smaller, actionable "bitable chunks" or social media "postables."

Youth Specific:

- Students often discuss mental health more openly than adults.
- Trusted adult connections are vital for youth, and building these relationships across communities is essential.

General: The information highlights holistic wellness as a key component, moving beyond a clinical-only approach to meet diverse individual needs. It encourages members to integrate this information into their personal and professional advocacy efforts.

Adult-Specific: Add 211 as a resource to support adult mental health awareness and accessibility.

Suggestions: Members identified individuals and groups who could benefit from the bulletin: clients, community partners, school networks, and broader regional networks.

- Break down information into shareable, bite-sized formats.
- Pair local resources with bulletin information for more tailored outreach.
- Sponsor **Asset Builder Trainings** to emphasize the role of trusted adults in prevention.
- Conduct feedback sessions with **988 operators** to improve service alignment with community needs.
- Launch a **988-information dissemination initiative** in schools.
- Institutionalize self-care practices in schools and workplaces (e.g., **RFW** – Ready for Wellness).
- Use subcommittees to explore opportunities to implement and evaluate the above suggestions.

Examples of Regional Work:

- **Marilia Jose:** Featured in the newsletter alongside "Gizmo."
- **Kathy Hanley:** Promoted **988 signage** in New Fairfield.

Region 5 Suicide Advisory Board Minutes
September 2024

4. Resource Round-Up

September R5SAB newsletter: reviewed and provided feedback.

5. New Business

a. CT Plan 2030

- A brief overview of the Connecticut Plan 2030 was shared, focusing on its implications for suicide prevention.
- Members discussed aligning R5SAB goals and initiatives with the CT Plan's long-term objectives.